

Benefits of Pilates

The Pilates Method benefits include:

- Improved posture, muscular balance and control
- Improved mental concentration
- Enhanced energy
- Injury Prevention
- Healing muscular and soft tissue pain
- Lengthening and strengthening muscles
- Efficient Breathing

Improved Mental conditioning benefits:

- Overall energy level
- Self-acceptance and self-esteem
- Concentration and memory
- Optimism
- Coping with daily problems
- Sleep patterns
- Ability to relax
- Personal growth and fulfillment
- Overall image satisfaction
- Social involvement, friendships
- Family relations
- Overall emotional balance